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YOU COULD SEE THE CROONERS IN VANCOUVER AS THE GROUP TEAMS UP WITH BIG BROTHERS BIG SISTERS PAGE 15

Premier Brad Wall outlines the next steps in Saskatchewan's growth plan on Thursday in an address to about 650 people at a luncheon held by the Regina and District Chamber of Commerce at Evraz Place in Regina. ROSS ROMANIUK/METRO

Next for growth plan: Training, manufacturing

Update. Premier's comments come before throne speech that will open fall sitting of legislature Wednesday

Premier Brad Wall says training and manufacturing are up next in the province's growth plan.

In a speech on Thursday to the Regina and District Chamber of Commerce, Wall said 1,000 training seats will be created in the coming year, including 300 apprenticeship spots and 700 for the Adult Basic Education program.

Wall said 27 per cent of those classes are delivered on reserves.

"We're not going to have a jurisdictional fight with the feds about this," Wall said.

"We don't have time for it and frankly, there's just an imperative for young aboriginal people who want to be involved in this Saskatchewan, so we're going on reserve with that effort."

The growth plan unveiled last fall called for the elimination of the wait list for Adult Basic Education programs by the end of the government's current term.

Wall said he didn't have specific numbers, but estimated there are well over 1,500 people on the wait list.

The province also plans to work with its manufacturing industry to create a centre to increase productivity, innovation and skills training.

The premier said specific details will come in the budget next March, but that anything could be manufactured.

"Anything where we're adding any value at all, the answer to that is yes," said Wall.

"I understand the manufacturing council is not sort of limited to short-line manufactures — that's our strength in the province. Certainly, I think we have the best farm implement — or short-line farm implement — manufacturing economy in the country, but it's not limited to that. We're doing other kinds of things as well." THE CANADIAN PRESS

Tax rate also eyed

A decision to reduce the corporate business tax rate to 10 per cent from 12 per cent is also back on the table. The growth plan update says the province will look at the decision again to see if it's affordable in the next budget.

- The government promised in October 2012 to cut the corporate income tax rate by 2015.

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Harvest help

WWE and former MMA star Brock Lesnar says he wants to move to Saskatchewan

Premier Brad Wall jokes that if former UFC heavyweight champion Brock Lesnar moves to Saskatchewan, Lesnar can pretty much pick any house he wants.

Wall made the comment in a speech Thursday to a Regina business crowd that included the U.S. wrestler and retired mixed martial artist.

"He likes Saskatchewan, he told me; in fact he comes here regularly," Wall said after the speech."It's what he told me and I wasn't about to challenge him on any of his answers."

Lesnar said he was visiting his brother's farm in Maryfield, southeast of Regina, to help with the harvest. He found out about the luncheon and wanted to hear what the premier had to say.

"I eventually want to become a Saskatchewan resident and ... I just want to learn a little more about the province," he said.

"I grew up on a farm. I love the country. I like the wildlife. I like everything that Saskatchewan has to offer."

It seems a far cry from when Lesnar fell ill on a hunting trip to Manitoba and, in January 2010, criticized Canadian health care as being no better than in "a Third World country."

In his autobiography Death Clutch, released in 2011, the mixed martial arts star describes his painful stay at a Brandon hospital in late 2009. Lesnar says the hospital's lone CT machine was broken, so doctors were unable to find out what was causing his stomach pain.

Lesnar and his wife drove to a hospital in Bismarck, N.D., where he was diagnosed with diverticulitis, a digestive disorder.

"That doesn't deter me from becoming a Canadian citizen; no it doesn't," Lesnar said. THE CANADIAN PRESS

Royal gift from the Queen City

Rachel Mielke. Regina jeweller designs brooch for Queen Elizabeth

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

It's a shiny gift to the Queen, directly from the Queen City.

The latest addition to Queen Elizabeth's lavish jewelry collection is a "one of a kind" brooch designed by renowned Regina jeweler Rachel Mielke, who calls it the "biggest honour" ever bestowed on her company, Hillberg & Berk.

Presented to Her Majesty by Saskatchewan Lt.-Gov. Vaughn Solomon Schofield on Thursday at Buckingham Palace in London, the18-kar-at white gold floral brooch — valued at $15,000 — features coloured tourmaline petals, a white freshwater pearl centre and 300 diamonds.

"I chose tourmaline because it's not something the Queen typically wears," Mielke explained at the company's downtown office.

"It really represents what we do here at Hillberg & Berk, which is create timeless pieces that have an element of sparkle and a little bit of boldness."

Mielke said the Lieutenant Governor's office initially asked for a sterling silver brooch from the company's regular collection, though she opted instead to design a "special" piece for the Queen.

Incurring all the costs of the project, Mielke said she wanted to craft a brooch that she could "definitely see the Queen wearing."

"It's the biggest kind of challenge as a designer, (to make) a piece for the Queen," she said.

"(Elizabeth) already has an extensive repertoire of jewelry, probably the biggest jewelry collection in the world."

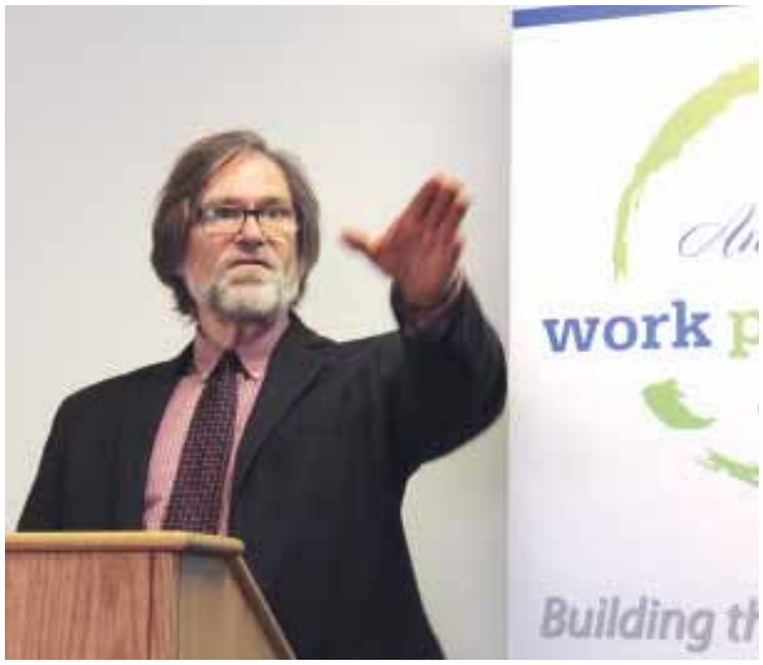
Overall, the design process lasted about five months. The brooch was sent to Buckingham Palace last month.

The tourmaline used in the brooch is from Madagascar, while the freshwater pearl comes from China.

"(The Queen's) reign is global ... so being able to source different materials from all over the world from our vendors, to me, was important," she added.

"I wanted to have a global element to this brooch."

Regina jeweller Rachel Mielke holds a photograph of the "one of a kind" brooch she designed as a gift from the province to Queen Elizabeth. Inset: Lt.-Gov. Vaughn Solomon Schofield presents the brooch to the Queen on Thursday at Buckingham Palace. MAIN: MARCO VIGLIOTTI/METRO; INSET: COURTESY PA IMAGES



$10K boost for workers-in-training

Chris Bailey, executive director of the Regina Work Preparation Centre, offers praise on Thursday for improved facilities provided for the organization through a $10,000 grant from Conexus Credit Union. Conexus has donated the money for refurbishing a training room, which was unveiled at the event. Bailey says the centre is pivotal in preparing workers for Saskatchewan's "hot economy." MARCO VIGLIOTTI/METRO

Supreme Court to hear challenge over essential-services law

Labour. Hearing date has yet to be set over constitutionality of provincial legislation

The Supreme Court of Canada says it will hear arguments on whether changes to Saskatchewan's labour laws are constitutional.

The Saskatchewan Federation of Labour had asked the high court to weigh in on provincial legislation that restricts who can strike and on other changes it says make union certification difficult.

Federation president Larry Hubich says the legislation represents "significant infringements upon the fundamental rights of Saskatchewan working people."

"We believe it is time for the Supreme Court of Canada to recognize that Saskatchewan people, and all Canadians, enjoy a right to strike that is constitutionally protected," Hubich said in a news release on Thursday.

The Saskatchewan Party introduced the legislation in December 2007, shortly after winning its first provincial election.

The essential-services law states employers and unions must agree on which workers are so needed that they can't walk off the job. But unions were outraged because the law also states that if the two sides can't agree, employers can dictate who is essential.

The legislation passed in May 2008 and court challenges began.

THE CANADIAN PRESS

Legal history

- A Court of Queen's Bench judge ruled in February 2012 that the law is unconstitutional. However, Justice Dennis Ball upheld the principle of essential services and gave the government 12 months to fix the law.
- The government went to the Saskatchewan Court of Appeal and argued that the lower court's decision broke new ground when it stated there is Charter protection for the right to strike.
- The Appeal Court agreed with the province. It said the right to strike does not have Charter protection.

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Duffy, Wallin, Brazeau.
Ottawa moves to suspend scandal-tainted senators

The Harper government moved Thursday to cauterize the bleeding from the ever-mushrooming Senate expenses scandal.

Claude Carignan, the government's leader in the Senate, introduced motions to suspend Mike Duffy, Pamela Wallin and Patrick Brazeau, three of four senators at the heart of the scandal. The motions would strip the trio of their pay, benefits and Senate resources.

News of the motions came just before government whip John Duncan announced in the House of Commons that Conservative MPs and senators will begin voluntarily disclosing greater details of their expenses.

The twin moves, coming on the first full day of the new parliamentary session, appeared aimed at quelling some of the raging Senate controversy that has engulfed the government for almost a full year.

But opposition parties signalled they won't let up on their relentless attacks on the government's ethics.

NDP ethics critic Charlie Angus won the support of other opposition parties Thursday for his bid to have a Commons committee determine whether Prime Minister Stephen Harper deliberately misled the Commons over the Senate expenses scandal or was deceived by his own staff.

The Senate motions, which will be voted on next week, say the suspensions are necessary to "protect the dignity and reputation of the Senate and the public's trust in Parliament" and refer to the senators' "gross negligence in the management" of parliamentary resources.

A fourth senator whose expenses are under RCMP investigation — former Liberal Mac Harb — has already resigned from the chamber.

THE CANADIAN PRESS

Duffy takes leave

Sen. Mike Duffy pre-empted his possible suspension by announcing earlier Thursday that he's taking medical leave due heart problems.

Sen. Mike Duffy makes his way to the Senate on Parliament Hill in Ottawa on May 28. Duffy, who is at the centre of an ongoing housing expenses scandal, says he is taking medical leave from the Senate. FRED CHARTRAND/THE CANADIAN PRESS

A burnt police vehicle is seen in Rexton, N.B., after police began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick on Thursday. Police say at least five RCMP vehicles were destroyed after they were set ablaze and at least one shot was fired by someone other than a police officer at the site of the protest. ANDREW VAUGHAN/THE CANADIAN PRESS

'All hell broke loose' in shale gas protest

New Brunswick.
RCMP say 40 people arrested after cop cars were set ablaze, Molotov cocktails thrown

Quoted

"We strongly remind the RCMP that ... their role is not to take sides in disputes but to maintain peace."

Liberal Opposition Leader Brian Gallant, in a statement urging the sides to resume talks to try to end the dispute.

The RCMP say dozens of people were arrested Thursday after Molotov cocktails were thrown at officers and police vehicles torched when they began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick.

Const. Jullie Rogers-Marsh said at least five RCMP vehicles were destroyed after they were set ablaze and at least one shot was fired by someone other than a police officer at the site of the protest in Rexton.

"The RCMP has worked diligently with all parties involved in hopes for a peaceful resolution. Those efforts have not been successful," Rogers-Marsh said. "Tensions were rising and serious criminal acts were and are being committed."

The Mounties said at least 40 people were arrested for firearms offences, threats, intimidation, mischief and violating the court-ordered injunction.

The RCMP began enforcing the injunction at around 7:30 a.m. to end the blockade of a compound where energy company SWN Resources stores exploration equipment.

The protesters, who include members of the Elsipogtog First Nation, want SWN Resources to stop seismic testing and leave the province.

Robert Levi, a councillor with the Elsipogtog, said he went to the protest site early Thursday after hearing the RCMP had moved in to begin enforcing the injunction.

Levi said police pepper-sprayed dozens of people after 9:30 a.m. when he arrived with the chief and council.

"They sprayed the crowd that was there," he said in an interview. "The chief was manhandled a little bit and all hell broke loose."

THE CANADIAN PRESS

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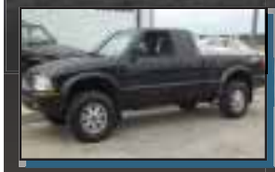

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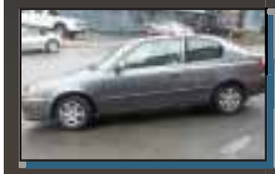

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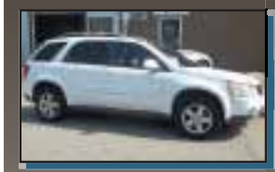

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Refugees

Don't deport Syrians, group urges Egypt

An international human rights group urged Egypt on Thursday to end its policy of unlawfully detaining Syrian refugees, including children, and forcibly returning them to their homeland where civil war is raging. Amnesty International said that hundreds who have fled the bloodshed in Syria for sanctuary in Egypt — including many children without their parents — face prolonged detention in poor conditions or deportation, which has separated family members in some cases.

THE ASSOCIATED PRESS

Ocean's seventeen

Spanish police arrest 17 suspects in jewelry heist

Spanish police have arrested 17 people for their role in stealing watches worth 23 million euros ($32 million), resolving one of the country's biggest jewelry heists, police say.

A police statement Thursday said thieves used sophisticated laser equipment to break into a Madrid watch store in broad daylight last year without setting off alarms. The gang then made contact with other criminal groups to offload the watches on black markets in China.

THE ASSOCIATED PRESS

Protesting students from Paris high schools hold a poster reading "A Parisian equals to an Armenian" referring to Khatchik, a recently expelled Armenian boy, during a demonstration in Paris on Thursday, in anger over the expulsion of some immigrant families. FRANCOIS MORI/THE ASSOCIATED PRESS

Expulsions spark protest in Paris

France. Students tried to march to the Interior Ministry, but were blocked by riot police with shields and helmets

Several hundred French teenagers erected barricades outside their schools and marched through Paris on Thursday to protest the police expulsions of immigrant families — including some of their classmates.

Police sprayed tear gas at a few students throwing projectiles but most marched peacefully, some climbing on bus shelters to shout demands for the interior minister's resignation.

Anger erupted this week over the treatment of a 15-year-old Kosovar girl who was detained in front of classmates on a field trip. The government says her eight-member family had been denied asylum and was no longer allowed to stay in France.

Such expulsions occur regularly around France as the government tries to limit illegal immigration. But the treatment of the girl touched a nerve, with critics saying police went too far and betrayed France's image as a champion of human rights.

The students, saying the expulsions are unfair to children, hope to pressure France's Socialist-led government to allow the girl and a recently expelled Armenian boy to return to France.

The Kosovar girl, Leonarda Dibrani, told The Associated Press from the northern Kosovo city of Mitrovica that she wants to return to France. Activists say her family fled Kosovo about five years ago because they are Roma, or Gypsies, and faced discrimination and few opportunities.

"My home is in France," Dibrani said in French. "I don't speak the language here and I don't know anyone. I just want to go back to France and forget everything that happened."

The French government has launched an investigation into her detention.

THE ASSOCIATED PRESS

Israel. Hezbollah captures endangered eagle, claims espionage

Israeli eagles dangerously endangered by pesticides, electrical wires and poachers now apparently face a new threat: Lebanese Hezbollah guerrillas.

Hezbollah's Al-Manar website recently boasted of capturing an eagle that carried an Israel-labelled transmission device on its back and claimed the bird was an Israeli spy. It said hunters in central Lebanon shot down the bird and found devices on it as well as a copper ring on its leg that reads "Israel" in English followed by letters that refer to Tel Aviv University. The fate of the eagle remains unclear.

Israeli ornithologist Yossi Leshem said Thursday he was tracking the bird for research and was "incredibly frustrated" it was harmed. Leshem, a Tel Aviv university professor, has specialized in the Bonelli's Eagle for decades and said they are in great peril with just nine pairs of mating age remaining in Israel.

"The whole field of conservation is based on regional co-operation and not this nonsense," said Leshem.

THE ASSOCIATED PRESS

Amsterdam. Opponents of Dutch blackface tradition demand change

The "Black Pete" tradition in the Netherlands is under fire from opponents who believe the figure is a racist caricature and who asked Amsterdam officials Thursday to revoke the permit for a popular children's festival because of it.

"Sinterklaas," the Dutch version of Santa Claus, is portrayed as a tall white man who arrives to great fanfare on Nov. 5, accompanied by dozens of clownish servants called "Zwarte Pieten" — Black Petes. These are typically white people wearing blackface makeup with red lips and curly "Afro" wigs.

Festivities around the country last a month, culminating in a night of poems and gift-giving.

The tradition is an important part of Dutch culture, but in recent years there have been growing complaints that Pete is offensive.

Opponents say the Sinterklaas festival should continue, but Pete's appearance should be changed.

Mayor Eberhard van der Laan will rule on the Amsterdam permit by the end of the month. THE ASSOCIATED PRESS

Air pollution triggers cancer, WHO confirms

A tourist wearing a mask walks in front of Tiananmen Gate on a polluted day in Beijing, China. The International Agency for Research on Cancer confirmed on Thursday that air pollution is a carcinogen.
ALEXANDER F. YUAN/THE ASSOCIATED PRESS FILE

Health. Main sources of pollution are widespread, including transportation, power plants, and industrial and agricultural emissions: Agency

What many commuters choking on smog have long suspected has finally been scientifically validated: Air pollution causes lung cancer.

The International Agency for Research on Cancer declared on Thursday that air pollution is a carcinogen. The decision came after a consultation by an expert panel organized by IARC, the cancer agency of the World Health Organization, which is based in Lyon, France.

"The air most people breathe has become polluted with a complicated mixture of cancer-causing substances," said Kurt Straif, head of the IARC department that evaluates carcinogens. He said the agency considers pollution to be "the most important environmental carcinogen," ahead of second-hand cigarette and cigar smoke. THE ASSOCIATED PRESS

Sex on a plane

He should have turned down this in-flight service

A man and a woman accused of engaging in oral sex on a June flight from Medford, Ore., to Las Vegas have pleaded guilty in U.S. federal court to misdemeanour disorderly conduct charges.

U.S. District Court Magistrate Judge George Foley in Las Vegas fined Christopher Martin and Jessica Stroble $250 US each.

An FBI affidavit says passengers saw Martin exposing himself and engaging in acts with Stroble despite warnings from flight attendants.
THE ASSOCIATED PRESS

Tourism. Vatican official fears pollution will limit access to Sistine Chapel

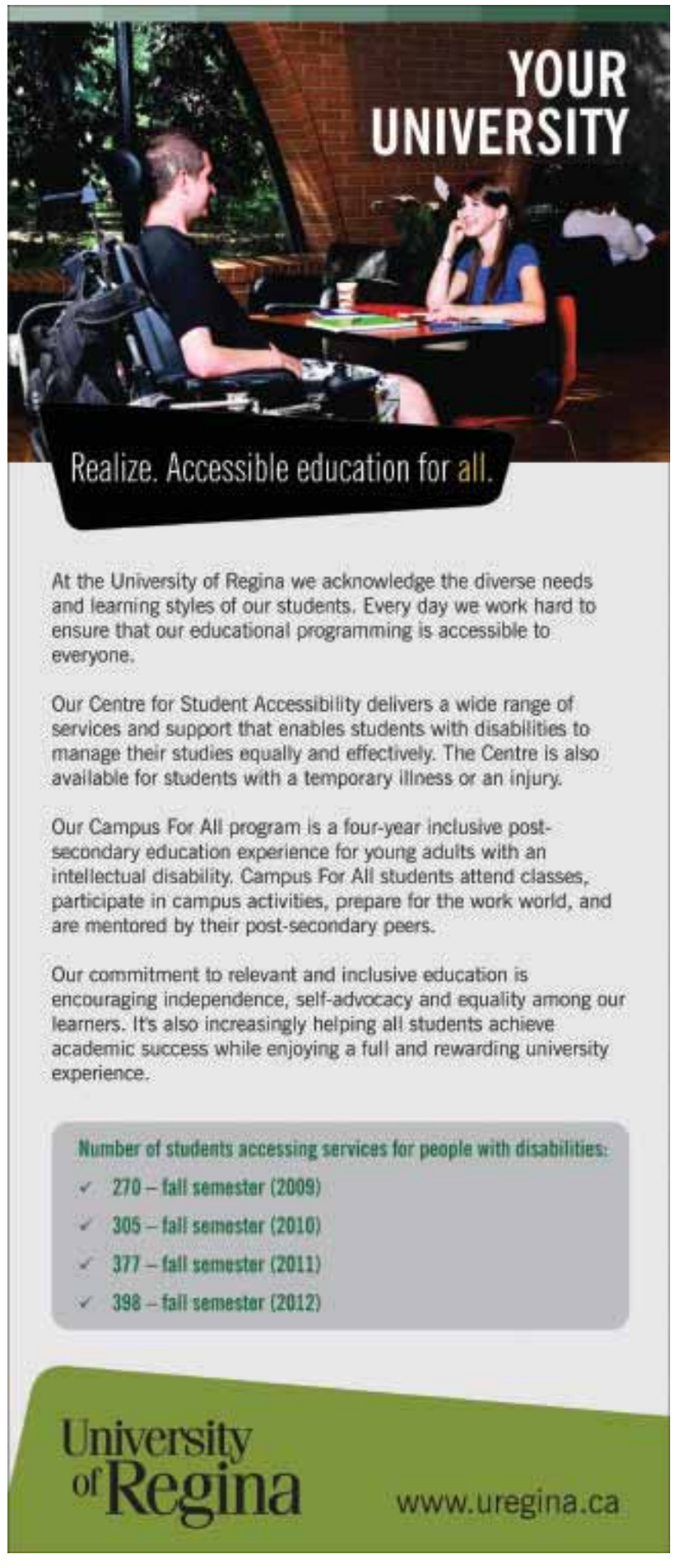
The head of the Vatican Museums warned Thursday he might be forced to limit the number of visitors to the Sistine Chapel if its new air conditioning and air purification systems don't significantly reduce "dangerous" pollution levels.

Antonio Paolucci told a conference that he was confident the new system, which is expected to be operational at the end of 2014, would curb the dust, humidity and carbon dioxide that are dulling and discolouring Michelangelo's frescoed masterpiece.

But he warned: "If this project doesn't work, I'll be forced to impose a limited number (of visitors)."

Some 5.5 million people are expected to visit the Vatican Museums this year. During high season some 20,000 people a day enter the intimate Sistine Chapel, which was last restored in the 1990s. The numbers mean a significant increase in the amount of humidity and dirt that are brought into the tiny space.

The aim of the air conditioning system is to stabilize the pollution levels, with the maximum set at 800 particles per million. At its worst, the Sistine Chapel sometimes sees levels of pollution more than twice that, officials said.
THE ASSOCIATED PRESS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Abominable Snowman just an old bear's tale?

Scientist's findings. DNA testing suggests elusive Yeti could be a polar bear hybrid roaming the Himalayas

A British scientist says he may have solved the mystery of the Abominable Snowman — the elusive ape-like creature of the Himalayas. He thinks it's a bear.

DNA analysis conducted by Oxford University genetics professor Bryan Sykes suggests the creature, also known as the Yeti, is the descendant of an ancient polar bear.

Sykes compared DNA from hair samples taken from two Himalayan animals — identified by local people as Yetis — to a database of animal genomes. He found they shared a genetic fingerprint with a polar bear jawbone found in the Norwegian Arctic that is at least 40,000 years old.

Sykes said Thursday that the tests showed the creatures were not related to modern Himalayan bears but were direct descendants of the prehistoric animal.

One of the samples he analyzed came from an alleged Yeti mummy in the Indian region of Ladakh, at the Western edge of the Himalayas, and was taken by a French mountaineer who was shown the corpse 40 years ago. The other was a single hair found a decade ago in Bhutan, 1,300 kilometres to the east.

Sykes said the fact the hair samples were found so far apart, and so recently, suggests the members of the species are still alive. THE ASSOCIATED PRESS

The myth will not die

Professor Bryan Sykes' findings are unlikely to lay the myth of the Yeti to rest.

- The Yeti or Abominable Snowman is one of a number of legendary ape-like beasts — along with Sasquatch and Bigfoot — reputed to live in heavily forested or snowy mountains.
- Scientists are skeptical, but decades of eyewitness reports, blurry photos and stories have kept the legend alive.

A British police officer talks to a Greenpeace protester dressed as a polar bear in London in this 2000 file photo. A British scientist believes the elusive ape-like creature known as the Yeti may be a descendant of an ancient polar bear. THE ASSOCIATED PRESS FILE

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Good night's sleep really does clear the cobwebs

Here's a reason to get some shuteye: A new study suggests our brains go on a cleaning spree during sleep, flushing out gunk that builds up while we're awake.

Though the cleaning was observed in mice, scientists think it happens in people too. The findings were reported in Friday's issue of the journal Science and may provide new clues to treat Alzheimer's and other brain diseases.

The finding may mean that for people with dementia and other mind disorders, "sleep would perhaps be even more important in slowing the progression of further damage," Dr. Clete Kushida of the Stanford Sleep Medicine Center said. Kushida did not participate in the study

People who don't get enough shut-eye have trouble learning and making decisions, and are slower to react. But despite decades of research, scientists can't agree on the basic purpose of sleep. Reasons range from processing memory, to saving energy, to regulating the body.

The latest work, led by scientists at the University of Rochester Medical Center, adds fresh evidence to a long-standing view: When we close our eyes, our brains go on a cleaning spree.

The team previously found a plumbing network in mouse brains that flushes out cellular waste. For the new study, the scientists injected the brains of mice with beta-amyloid, a substance that builds up in Alzheimer's disease, and followed its movement. They determined that it was removed faster from the brains of sleeping mice than awake mice.

The team also noticed that brain cells tend to shrink during sleep, which widens the space between the cells. This allows waste to pass through that space more easily.

Lead researcher Dr. Maiken Nedergaard said this plumbing system also exists in dogs and baboons, and it's logical to think that the human brain also clears away toxic substances.

THE ASSOCIATED PRESS

Scientists have noted that people who are sleep-deprived have trouble learning and making decisions. But despite decades of research, they haven't been able to agree on the basic purpose of sleep. ISTOCK

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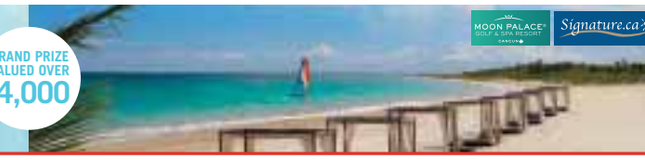

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SHOPPERS DRUG MART

Ohio. Pictures posted online helping cops in rape investigation

Pictures posted on social media in disbelief by witnesses of an alleged sidewalk sexual encounter near Ohio University could hold the key to a rape investigation after a college student told police she was the victim of an assault.

The explicit photos tweeted then quickly reposted across the net were being examined by police after the student reported "unconsenting sexual conduct" with a man on Sunday.

Sharing such images may seem despicable, but the photos are helping police in their investigation, Athens Police Chief Tom Pyle said.

Pyle said that the witnesses may not have understood what they were seeing. "It may have looked consensual to them." The photos show the couple against a bank window.

Police Chief Tom Pyle in Athens, Ohio. JOHN HALLEY/ ATHENS MESSENGER/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Double-edged sword

"While it certainly to the lay person would appear to be despicable that they're posting this information, it also assisted us in our investigation."

Athens, Ohio, Police Chief Tom Pyle

Ring gives a sting to rapist, immobilizing him

An Indian model displays a self-defence ring named Woman Sting at its launch, part of the Save My Sister campaign in Bangalore, India, in September. It was reportedly conceived after a New Delhi gang rape incident. The ring comes with a micro needle, a pump and a tank filled partly with Capsaicin, a chemical compound that is an active component of chili peppers. An Indian court Friday sentenced four men to death for the gang rape and murder of a young New Delhi woman in December. They will go to the gallows for the brutal attack that riveted India. AIJAZ RAHI/THE ASSOCIATED PRESS

Facebook video shocks site users

Graphic. Social media website won't remove video of a beheading; sharing it is meant to 'condemn it' and is 'productive'

A graphic video of a beheading that has sparked outrage among many Facebook users will not be removed by the social media website.

The content is being shared to "condemn it, which we think is productive," a Facebook spokesperson explained Thursday.

Meg Sinclair wrote in an email that "if the video were being celebrated, or the actions in it encouraged, our approach would be different."

The video has been shared more than 2,500 times and "liked" by more than 1,000 people since it was posted last Saturday by a user in Israel.

Wishes he hadn't seen it

"You're witnessing the death of a human being; it's just awful."

Ken Zeise, former president of the Ontario PC party.

The video appeared on Zeise's newsfeed. He clicked it because he was offended by an Islamophobic comment attached to it. Now he wishes he hadn't seen it.

"It was the most disgusting, disturbing video I've ever witnessed," said Ken Zeise, former president of the Ontario PC party.

The 46-second video begins with a man being beheaded by a person standing behind him. The body is then pushed into a ditch.

"I immediately paused it and clicked the report button," Zeise said. He identified the video as "graphic violence" that shouldn't be on the site.

Zeise then blocked the user who shared the disturbing video — a stranger he accepted a friend request from during his time in politics.

But Facebook's reply came as a surprise. "We reviewed the share you reported … and found it doesn't violate our community standard on graphic violence." Zeise was flabbergasted.

TORSTAR NEWS SERVICE

Depicting decapitations prohibited: Manual

Facebook's community standards state that "any graphic content for sadistic pleasure is prohibited."

An internal Facebook document leaked to Gawker last year appears to show a cheat sheet used by employees to identify "graphic content."

The 17-page document, provided to Gawker by a former Facebook contractor, says that deep flesh wounds, excessive blood, crushed heads and limbs are all OK "as long as no insides are showing."

However, depiction of decapitations are prohibited, the manual shows.

The leaked document "provides a snapshot in time of our standards …" Facebook confirmed to Gawker. Info is available at www.facebook.com/CommunityStandards.

TORSTAR NEWS SERVICE

Détente for five years

Samsung offers end to 'patent wars' to avoid fine

Samsung Electronics Co. has offered not to launch any patent lawsuits over key mobile telephone technology in Europe for the coming five years, in hopes of avoiding a fine from the European Commission.

The Commission reported Thursday the South Korean company's settlement offer and called for interested parties — such as rivals Apple Inc. and Microsoft Corp. — to respond.

THE ASSOCIATED PRESS

Working out bugs

Windows 8.1 aims to please

Microsoft released its long-awaited Windows 8.1 upgrade as a free download Thursday. It addresses some of the gripes people have had with Windows 8, the dramatically different operating system that attempts to bridge the divide between tablets and PCs.

Windows 8.1 still features the dual worlds that Windows 8 created when it came out last October. It features a touch-enabled tile interface. There's also the old desktop mode where the keyboard and mouse still reign.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.15¢ (+0.38¢)

TSX 13,036.36 (+ 79.15)

OIL $100.67 US (-$1.62)

GOLD $1,323 US (+ $40.70)

Natural gas: $3.76 US (-0.02¢)
Dow Jones: 15,371.65 (-2.18)

Harper heads to Europe to ink free trade deal

Say cheese. Prime Minister Stephen Harper departs for Europe with International Trade Minister Ed Fast Thursday. As part of the free trade deal the EU quota on cheese exports to Canada will double. ADRIAN WYLD/THE CANADIAN PRESS

Food bonds nations.
Strengthened ties mean Canadians will get access to more EU cheese, while our Euro brethren can nosh on more Canuck beef and pork

Canadian Prime Minister Stephen Harper headed to Brussels on Thursday to conclude a free trade deal with the European Union, as Canada seeks to diversify its trade away from the United States.

EU trade spokesman John Clancy said in an email that the European Union and Canada hope to conclude the free trade deal in the "coming days."

Harper posted on his official Twitter account that Canada will "soon" complete negotiations. His office said he will meet with the President of the European Commission, Jose Manuel Barroso.

Yves Leduc, director of international trade for the Dairy Farmers of Canada, said he's been told by a Canadian government official that an agreement in principle has been reached and that the European Union's 28 members and Canada's 10 provinces have to approve it.

Canada has agreed to permit a doubling of the EU quota on cheese exports to Canada in exchange for greater access for Canadian beef and pork producers. Leduc said Canada's cheese industry is angry because it threatens the fine cheese market in Canada.

THE ASSOCIATED PRESS

Crisis averted

One thorny issue surrounding the deal was overcome Thursday when Canada announced it would lift visa requirements for Czech nationals.

Many working, but still struggling to get by in U.K.

Having a job no longer offers a sure route out of poverty in Britain, with the working poor crushed by rising costs and stagnant wages, a first of its kind report from the government said Thursday.

The Social Mobility and Child Poverty Commission report concluded that the government must do more to help low-paid workers. While government policies have traditionally focused on helping welfare recipients get work, the missing piece of the "policy jigsaw" is how to help people who are working but not economically stable, said Alan Milburn, the commission's chair.

"These are the people that heed the urgings of politicians of all hues to do the right thing, to stand on their own two feet, to strive not shirk," Milburn said. "Yet all too often the working poor are the forgotten people of Britain. They desperately need a new deal."

A food bank client reacts emotionally to the food donation he was given by volunteers in Rochdale, England. A new study finds many in Britain are having a hard time due to stagnant wages and soaring costs. CHRISTOPHER FURLONG/GETTY IMAGES

The report concludes that 4.8 million workers, often women, earn less than a living wage.

Young people have been especially hard hit by deteriorating economic conditions. The report said that two-thirds of Britain's poor children now live in families with at least one working adult. In 1997, that was less than half.

Public spending, particularly tax credits that subsidized stagnating wages, had in the past been the main engine that drove reductions in child poverty, but government austerity following the global financial crisis "removes that prop."

In a recommendation that will stir controversy, Milburn said that wealthy retirees will have to take a bigger share of the hit from austerity programs. It isn't sustainable to continue "favouring pensioners over their children and grandchildren."

THE ASSOCIATED PRESS

The cycle of poverty

"The principal problem is that those working parents simply do not earn enough to escape poverty."
According to a new report in the U.K.

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ORR YOU COULD JUST BUY THE BOOK

THE METRO LIST

Neil Morton
metronews.ca

1 Bobby Orr. In his new memoir, Orr, My Story, (it should have been called 'My St-ORR-y') the Boston Bruins Hall-of-Famer from Parry Sound, Ont., takes us inside what it was like to learn the game on the open ice of Georgian Bay, and about how to make hockey "fun" again for kids. One Orr story you won't hear in the book but I've heard a million times: My father-in-law lived on the same street as Orr when he played with the Oshawa Generals.

2 Tina & Amy. In an awesome coup, NBC locked in Tina Fey and Amy Poehler to be Golden Globe hosts for 2014 and 2015. Their 2013 co-hosting landed superlative reviews — and 19.7 million total viewers, a six-year high for the awards show. If I were NBC, I would have locked them in for 10 more years. But perhaps audiences are a little too fickle for that.

3 A world-famous double double. A new survey of 70,000 consumers in 15 countries reveals that Disney is the world's most beloved brand, finishing ahead of others in the Top 10 like Yahoo, Google, Sony, Netflix, Whole Foods and Apple. Canada's iconic Tim Hortons finished No. 61 on the list, a sure sign it's becoming world famous. Someday, we'll be sipping double-doubles on Mars.

4 Sarah Richardson. Canada's superstar designer, whose latest TV show Real Potential launched last month on HGTV Canada, finally joined Twitter, tweeting on Thanksgiving: "It's official. I've joined the twitterverse!" You can follow her @SarahR_Design. If you want really good decor advice, tweet her. If you want really bad decor advice, tweet me.

5 Movember. It's that time of year again to get creative and grow a mo for Movember, which raises so much money and awareness to combat prostate and testicular cancer and mental health challenges. Think about registering yourself as an individual or as part of a team at movember.com. I grew a mo for the first time last year, and will be working on a new one for this year!

6 Facebook friend for iPhone. I love the creativity in many Kijiji listings, and one of my faves was this recent Peterborough, Ont., listing: "Wanted: Who has an iPhone they want to give me as a gift?" In return, the person offered to make a hat — yes, make a hat — and become a friend on Facebook. If they throw in a Twitter follow too, I'd consider.

7 BlackBerry. The troubled smartphone maker released an open letter: You Can Continue To Count On BlackBerry ad campaign to its customers this week appealing for them to stick with the company through this tumultuous time of restructuring. Now I plan on sticking with them for now, right up until the last BBM contact I have is myself.

8 Twitter DM. Twitter has began pushing out a feature update that lets you (if you check off the box) receive direct messages from any of your followers, regardless of whether you follow them or not. This private functionality is another step in Twitter becoming your new email inbox. Yes, more and more people, particularly tweens and teens, don't use traditional email.

9 Fifty Shades of Grey Vancouver. No I'm not talking about the weather. If you see more people reading Fifty Shades of Grey all of a sudden in Vancouver, maybe it's because the movie adaptation begins filming there early next month — Nov. 5 to be exact. If you spot any actors, Instagram them under the caption Before They Were Famous.

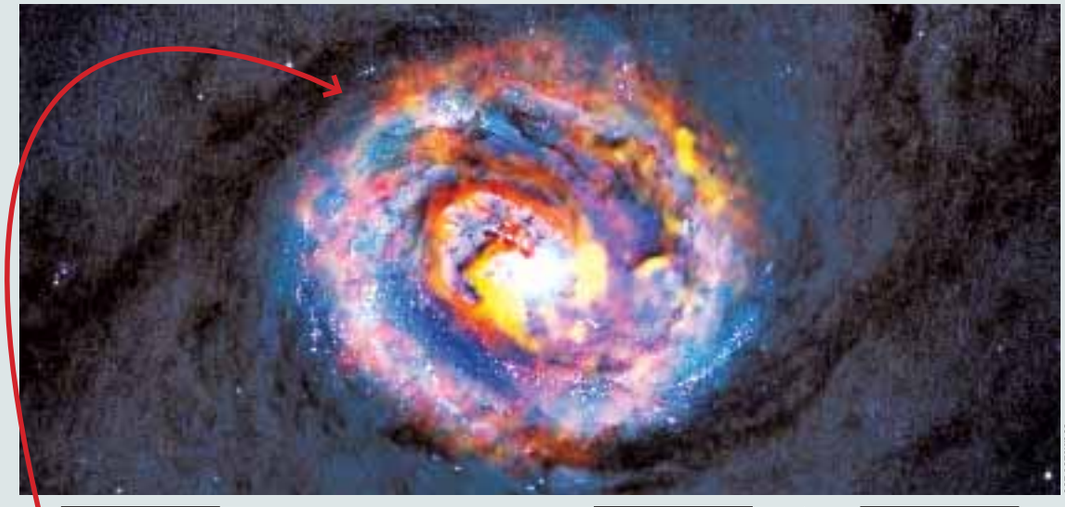
10 Drinkify. A neat website called drinkify.org tells you exactly what you should drink while listening to a specific artist. Should you be rocking out to, say, Kings of Leon at your next dinner party, type that band in on the site and Drinkify recommends "6 oz. Kirsch. Serve on rocks. Stir vigorously." If you're listening to John Tesh, well then ... sorry, I'm not typing that in for you.

11 Piers Morgan. The outspoken host of the CNN show Piers Morgan Live has a new book out where he takes us behind the scenes of the drama of anchoring a nightly news show. If he thinks that's stressful, imagine being me doing weekly segments on local radio.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Black hole's hunger spirals



COURTESY ESO

What does it matter? It devours everything

Black holes are capable of mass consumption as this incredible image captured by a high-powered telescope proves.

The images were taken by the European Southern Observatory using the Atacama Large Millimeter/submillimeter Array — the world's largest ground-based telescope. METRO

Twinkle twinkle ... PKS 1830-211 shows its stars. COURTESY ESO

Swallowed up in the Milky Way?

The PKS 1830-211(pictured left) is referred to as an "active" black hole in a very distant galaxy (NGC 1433). In fact, there are super-massive black holes at the hearts of almost all galaxies in the universe, including our own galaxy, the Milky Way. These objects are capable of swallowing vast quantities of matter. METRO

Leaving a gassy trail behind

"ALMA has revealed a surprising spiral structure in the molecular gas close to the centre of NGC 1433," says Françoise Combes (Observatoire de Paris). "This explains how the material fuels the black hole. The jet of material flowing away from the black hole, extending for 150 light-years, is the smallest outflow in an external galaxy." METRO

Clickbait

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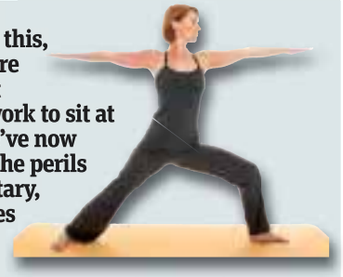

If you're reading this, chances are you're sitting on transit on your way to work to sit at a desk. While we've now been warned of the perils of staying sedentary, there's sometimes not much we can do about it — or wasn't much we could do about it. These apps let you keep your practice on your smartphone. Or desk. Or bus. Namaste.

Pocket Yoga:

Available for iPhone and Android, Pocket Yoga lets you create your own flow with customized music, photos and instructor's voice. ($2.99)

Yoga Studio:

Take your practice on the go. Yoga Studio offers videos and more than 250 poses, from beginner to advanced, for $2.99. iPhone only.

Twitter

@metropicks asked: A couple near Saskatoon invited artists to live with them rent-free. What type of profession would you invite? Journalists?

@Canucklehead_ca: Maid, reflexologist, chef (both pasty and sous,) nanny, masseuse, handyman, bartender, another nanny, & cat whisperer.

@WTarcisio: Journalists are ever welcome in my house. Could live peacefully without paying and still I would become news.

@H_Dhillon: I wouldn't mind having a professional chef at home.

@serpentina66: Musician

@jemilyclark: Hands down, gotta go with Molly Maid. #scrubthetub

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Synopsis

The newest adaptation of Stephen King's 1974 novel stars Chloë Grace Moretz as high school outcast Carrie White, a lonely girl teased by classmates and abused by her deeply religious mother (Julianne Moore). Despite the best efforts of gym teacher Miss Desjardin (Judy Greer) to help Carrie fit in, a clique of mean girls led by Chris (Portia Doubleday) make it their mission to ensure that Carrie has a rough time at school. After being humiliated at her senior prom — pig's blood will really ruin a taffeta dress, apparently — she unleashes a terrible telekinetic vengeance on those who wronged her.

- Richard: ●●○○○
- Mark: ●●○○○

Chloë Grace Moretz does an admirable job as Carrie, but no one can hold a candle to Sissy Spacek's iconic portrayal of the telekenetic teen. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Wary of another Carrie

Weak remake. There's really no reason to toy with a classic — even if the cast includes Chloë Grace Moretz and Julianne Moore

Richard: Mark, people have been asking me about this movie for months. But they haven't been asking, "Is it good?" They've been asking me why anyone would remake the 1976 classic. After seeing it, I'm not sure. The new version is a perfectly serviceable adaptation of Stephen King's famous book but it doesn't have the vulnerability or frailty that made Sissy Spacek so memorable in the title role. First off, what did you think of Chloë Grace Moretz?

Mark: Richard, she's the strongest thing in the movie. Although no one can compare to Sissy Spacek, she did an admirable job. The question isn't whether this is a good film; it's whether this is a necessary film. When I heard Kimberly Pierce would be directing this remake, I hoped she would bring some kind of post-feminist twist to it. But no, she didn't direct the remake; she just coloured within the lines.

RC: Agreed, but there are some good moments within those lines. There is a sweetness to Carrie, particularly in the prom scenes (pre-pig's blood) that makes the anticipation of what is to come all the more tense. I liked Julianne Moore's head thumping self-punishment scenes. It works in those moments, but there's too much CGI — the floating books are silly — and since when can Carrie fly?

MB: She can now! It's just another example how everything in the movie is less subtle than in the Brian De Palma version. The themes of religious and sexual repression — so shocking in 1976 — seem overcooked now. But let's pretend we know nothing of the original. Does the movie work? Sure, to an extent. The performances are good, the last third is exciting and full of blood and revenge, but it still feels a bit superficial and detached. None of my fingernails were harmed in the viewing of this production.

RC: Mine either, although a mother and daughter knife battle made me shift to the front of my seat mostly because it felt more organic and less computer generated than some of the other displays of Carrie's mad telekinetic skills. It felt dangerous in a way that the rest of the violence didn't.

MB: And Julianne Moore does crazy very well, doesn't she? Still, the script gave her some passages so clunky that even real-life maniac mamas would have demanded another draft.

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Action

Escape Plan

Director. Mikael Hafstrom

Stars. Sylvester Stallone, Arnold Schwarzenegger

Feeling like an unearthed relic from the VHS era, the endearingly junky Escape Plan's selling point is a long-awaited pairing of two movie icons: We finally get to see Amy Ryan and Curtis "50 Cent" Jackson sharing scenes together. Oh, and it's also got Sylvester and Arnold. Cheerfully preposterous and proudly low-rent, director Mikael Hafstrom's meat-and-potatoes throwback coasts on the chemistry of its co-stars. Escape Plan plays like comfort food for men of a certain age and temperament.

SEAN BURNS

Drama/Biography

The Fifth Estate

Director. Bill Condon

Stars. Benedict Cumberbatch

The Fifth Estate details the breathless years leading up to WikiLeaks's biggest leak — the release of the "Collateral Murder video" which showed Iraqi journalists killed by an AH-64 Apache helicopter. Wiki honcho Julian Assange (Benedict Cumberbatch) is one of the more controversial figures of recent history. Is he a journalist? A hacker with an anti-establishment ideology? Or a war criminal with blood on his hands? The movie presents all possibilities, but can't seem to decide on one point of view.

RICHARD CROUSE

Top 10 craziest Stephen King deaths

Remaking Carrie isn't the worst idea — but some of these movie kills may be

METRO

The Running Man

Death: Buzzsaw to crotch.

Stuck in a violent reality show, Arnold Schwarzenegger is forced to kill, turning a guy named Buzzsaw's buzzsaw against him.

Killer catchphrase: "This saw is part of me. And I'm going to make it part of you," the late Buzzsaw said.

Maximum Overdrive

Death: Killed by soda machine.

In a world where machines are evil, avoid the vending machine. It spits out cans real fast. Right into a baseball coach's head.

Killer catchphrase: "Huh?" said by the coach right before a soda can hits him in the nuts.

Pet Sematary

Death: Sliced, diced and chewed by zombie child

Back from the dead, little boy Gage attacks his elderly neighbour with a scalpel — slicing his heel, then his cheeks, before biting into his neck.

Killer catchphrase: "Come play with me daddy," said by the zombie child.

Carrie

Death: Burned by electrocution and fire.

Drenched in pig's blood after a prank at the school dance, vulnerable student Carrie uses telekinesis to lock the doors and set the place ablaze.

Killer catchphrase: "They're all gonna laugh at you," Carrie's mom said in a voice-over

Sleepwalkers

Death: Stabbed by corncob.

In a movie about mother-and-son incestuous vampires who turn into bipedal werecats, a woman stabbing a sheriff in the back with a corncob makes perfect sense.

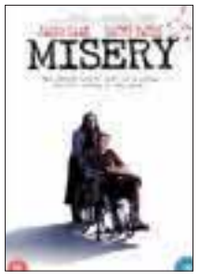
Killer catchphrase: "No vegetables. No dessert," said by the crazy werecat mom.

Misery

Death: Head trauma from pig.

Finally free after being kidnapped by "biggest fan" Annie, disabled author Paul jabs her eyes out, feeds her a burned book and, finally, bashes her head in with a cast-iron pig.

Killer catchphrase: "Eat it till you choke, you sick, twisted f—," Paul said to Annie.



The Mist

Death: Squeezed by tentacle.

After running away a lot from … a mist, our heroes finally meet an alien octopus in a grocery store. It rips the chest off a stockboy and drags him into, well, the mist.

Killer catchphrase: "Oh s—, oh s—, oh s—," said by a guy in the store.

Thinner

Death: Murdered by strawberry pie.

Cursed by a gypsy, a fat lawyer loses weight, and his sanity, feeding his wife a cursed pie. The next morning, he wakes up beside her cursed corpse.

Killer catchphrase: "Is it strawberry? My favourite," says the lawyer's wife.

Creepshow 2

Death: Eaten by an oil slick.

…on a lake, while high. Don't do drugs, kids.

Killer catchphrase: "It ate Rachel. It f—' ate her up. What is this thing?" said by a high kid.

Dreamcatcher

Death: Pooped out worm.

A big worm too. And it's an alien. The cast find themselves in very deep doo-doo.

Killer catchphrase: "What…do you want?" said the guy from Homeland.

Tenors aim to hit high notes by helping others

Canadian group The Tenors have teamed with Big Brothers Big Sisters of Canada to record the single I Thank You, with 50 cents of each digital song download going to support the organization.

Big Brothers Big Sisters highlights the importance of mentors in a child's life by providing volunteer opportunities to adults to be a friend and positive role model to Canada's youth.

We asked The Tenors — Fraser Walters, Remi Pereira, Victor Micallef and Clifton Murray — to tell us about the person who made a difference in their life when they were growing up. **METRO**

COURTESY OF RANDEE ST NICHOLAS

Musical mentors

Fraser Walters

"I have been extremely lucky to have many important mentors in my life. Other than my family, three amazing musical mentors were (and still are!) Katie Drysdale (my first childhood voice coach), Gerry Van Wyck (choral/orchestral conductor), and Rena Sharon (university music professor). All three have been instrumental in guiding me through different stages of musical and life experience. I cherish them all!"

Family and friends

Remi Pereira

"I have had a few mentors throughout my life, including my parents, my child and my teachers. From them I have learned the importance of respect, loyalty and commitment to your partner and family. In music, my teachers have been the force behind me, showing me that I can extend myself to reach my lofty dreams."

Voice teacher

Victor Micallef

"Someone who mentored me was my Italian voice teacher Franco Pagliazzi. Not only was he an incredible teacher but he was a father figure far away from home. He taught me everything about the Florentine way of life and gave me invaluable insight on how to perform the Italian operatic repertoire. I have incredible respect for his artistry as a master singer and teacher, and he will always be a dear friend."

Mother

Clifton Murray

"My influence is my mother. Her tireless efforts to improve the lives of those less fortunate inspires me to always look beyond myself. She has continued to seek out the less fortunate and make their lives better in some way. There are so many stories where my mother has selflessly brought someone in need the support, resources and love that they needed, enabling them to provide for themselves."

Online

Find more of the tenors on Metronews.ca

- **Web.** Visit metronews.ca/scene to see a video of the Tenors performing I Thank You, and for a link to buy the single.
- **Find out more.** Visit bigbrothersbigsisters.ca to learn more about the organization.
- **Contest.** Visit clubmetro.ca for your chance to win a trip to see The Tenors perform in Vancouver.

THESE PAGES COVER MOVIE START TIMES FROM FRI., OCT. 18 TO THURS., OCT. 24 TIMES ARE SUBJECT TO CHANGE.

Southland Mall
3025 Gordon Rd.

Captain Phillips (PG) Fri 6:50-9:50 Sat-Sun 12:50-3:50-6:50-9:50 Mon-Thu 5:20-8:20 Star & Strollers Screening Wed 1
Carrie (14A) No Passes Fri 7:25-9:55 No Passes Sat-Sun 1:25-4:40-7:25-9:55 No Passes Mon-Tue 6:05-8:40 No Passes Wed 1:45-6:05-8:40 No Passes Thu 6:05-8:40
Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 2 Mon-Tue 5:25 Wed 1:25-5:25 Thu 5:25
Cloudy With a Chance of Meatballs 2 3D (G) Fri 7:35-9:55 Sat-Sun 5-7:35-9:55 Mon-Thu 7:45
Despicable Me 2 (G) Sat-Sun 1:15
Enough Said (PG) Fri 7:50 Sat-Sun 1:55-7:50 Mon-Tue 5:55 Wed 1:35-5:55 Thu 5:55
Gravity 3D (PG) Fri 7:55-10:15 Sat-Sun 1:45-4:30-7:55-10:15 Mon-Tue 6-8:45 Wed 1:40-6-8:45 Thu 6-8:45
Lee Daniels' The Butler (PG) Fri 7:05-10 Sat-Sun 1-4:05-7:05-10 Mon-Thu 5:30-8:25 Star & Strollers Screening Wed 1
Machete Kills (14A) Fri 7:10-9:45 Sat-Sun 4:15-7:10-9:45 Mon-Thu 5:50-8:30
Percy Jackson: Sea of Monsters (PG) Sat-Sun 1:10-4:20 Wed 1:30
Planes (G) Sat-Sun 1:40 Wed 1:15
RiffTrax Live: Night of the Living Dead (STC) Thu 8
The Right Kind of Wrong (14A) Fri 6:55-9:20 Sat-Sun 3:45-6:55-9:20 Mon-Tue 5:45-8:10 Wed 1:10-5:45-8:10 Thu 5:45-8:10
Romeo & Juliet (PG) Fri 10:10 Sat-Sun 4:50-10:10 Mon-Thu 8:15
Rush (14A) Fri-Sun 7:20-10:05 Mon-Wed 5:40-8:35 Thu 5:20
We're the Millers (14A) Fri 7:40-10:10 Sat-Sun 1:30-4-7:40-10:10 Mon-Tue 5:30-8:05 Wed 1:20-5:30-8:05 Thu 5:30-8:05

Galaxy Cinemas
Normanview S.C.

420 McCarthy Blvd. N. Unit

The Addams Family (STC) Sat 11
Captain Phillips (PG) Fri 4:10-7:10-10:20 Sat 1:10-4:10-7:10-10:20 Sun 1:15-4:15-7:15-10:15 Mon-Tue 7:15-10:20 Wed 7:15-10:15 Thu 7:15-10:20
Carrie (14A) No Passes Fri 5:25-7:55-10:25 No Passes Sat 12:25-2:55-5:25-7:55-10:25 No Passes Sun 2:30-5-7:35-10 No Passes Mon-Thu 7:40-10:15
Cloudy With a Chance of Meatballs 2 (G) Sat 11:30 Sun 1:25
Cloudy With a Chance of Meatballs 2 3D (G) Fri 4:30-6:55-9:20 Sat 2-4:30-6:55-9:20 Sun 4-6:45-9:05 Mon-Wed 6:55-9:15 Thu 6:55-10:10
The Counselor (14A) No Passes Thu 10:05
Don Jon (18A) Fri-Sat 5:30-7:50-10:15 Sun 1-3:15-5:30-7:50-10:15 Mon-Tue 7:55-10:20 Wed 10:10 Thu 7:55
Escape Plan (14A) Fri 4:35-7:25-10:20 Sat 11:05-1:45-4:35-7:25-10:20 Sun 1:45-4:25-7:05-9:45 Mon-Thu 7:25-10:05
The Fifth Estate (PG) No Passes Fri 4:05-7:05-10:05 No Passes Sat 11:20-1:05-4:05-7:05-10:05 No Passes Sun 1:10-4:10-7-9:55 No Passes Mon-Tue 7:10-10:10 No Passes Wed 7:10-9:55 No Passes Thu 7:10-10
Gravity 3D (PG) Fri 5:15-7:35-9:55 Sat 12:45-3-5:15-7:35-9:55 Sun 3-5:15-7:45-10:05 Mon-Thu 7:30-9:45
Insidious: Chapter 2 (14A) Fri 4:50-7:20-9:50 Sat-Sun 2:20-4:50-7:20-9:50 Mon-Tue 7-9:30 Wed 10:05 Thu 7-9:30
Jackass Presents: Bad Grandpa (STC) Thu 9:15
National Theater Live: MacBeth - Encore (STC) Sat 12:30 Wed 6:45
Prisoners (14A) Fri 6:50-10:10 Sat 12:10-3:30-6:50-10:10 Sun 3:30-6:50-10:10 Mon-Tue 6:50-10:10 Wed 6:50-9:50 Thu 6:50-10:10
Runner Runner (14A) Fri 5:20-7:40-10 Sat 3:05-5:20-7:40-10 Sun 4:40-7:30-9:45 Mon-Wed 7:45-10 Thu 7:45
Spartacus - Bolshoi Ballet (STC) Sun 12:55

Kramer IMAX Theatre
2903 Powerhouse Dr.

Elysium: The IMAX Experience (14A) Fri 3:30-7 Sat 1-3:30 Sun 2:15-7 Thu 3:30
Flying Monsters 3D (STC) Fri 1 Sun 1 Tue-Wed 2:15 Thu 2:15-7
No Films Showing Today (STC) Mon
Rocky Mountain Express (STC) Fri 2:15 Sun 4:45 Tue-Wed 1-3:30 Thu 1

Golden Mile
3806 Albert St.

Boss (STC) Fri-Thu 9:10
The Conjuring (14A) Fri-Thu 1:15-3:50-6:35-9:20
Elysium (14A) Fri 1:10-3:50-6:40 Sat 1:10-3:50 Sun 1:10-9:10 Mon-Thu 1:10-3:45-6:30-9:10
Grown Ups 2 (PG) Fri-Thu 1:20-3:55-6:50-9:20
In a World... (PG) Fri-Thu 1:30-7
Kick-Ass 2 (14A) Fri-Thu 9:25
Monsters University (G) Fri-Thu 1:25-4:05-6:45
The Mortal Instruments: City of Bones (PG) Fri-Thu 1:10-3:45-6:30-9:10
The Smurfs 2 (G) Fri-Thu 1:15-4-6:50
The Spectacular Now (14A) Fri-Thu 4:05-9:25
The Wolverine (14A) Fri-Thu 1:10-3:45-6:35-9:15
The World's End (14A) Fri-Thu 9:15

Regina Public Library Film Theatre, 23 11 12th Ave.

The Boondock Saints (STC) Wed 9
Jiro Dreams of Sushi (G) Thu 7
Mussels in Love (STC) Thu 9
No Films Showing Today (STC) Mon-Tue
A People Uncounted (STC) Fri 7 Sat 9 Sun 7
Thursday Till Sunday (STC) Fri 9 Sat 7 Sun 9
Young Frankenstein (STC) Wed 7

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Stuff 'em, Tex Mex style

Tex Mex Stuffed Potato Skins

This recipe serves four. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Baked potatoes are a nutritious way to eat the vegetable. Removing the pulp and filling them with a Tex Mex bean and vegetable stuffing as well as some melted cheese creates a great vegetarian meal. You can also add some cooked ground beef or diced cooked chicken if you'd like.

Part of this dish can be prepared ahead by baking the potatoes up to a day in advance. All you have to do is complete the recipe just before serving.

1. Preheat the oven to 450 F.

2. Wrap the potatoes in foil and bake directly on the oven rack for 45 to 50 minutes. Alternatively, prick each potato with a fork several times and microwave on High for 10 minutes or until soft.

3. When the potatoes are cool enough to handle, carefully scoop out the flesh, leaving about 1/4 inch of potato and the skin intact. Save the potato flesh for another purpose.

4. Lightly coat a small skillet with cooking spray, add the oil and set over medium heat. Add the onion and sauté for 5 minutes. Add the red pepper, jalapeno and garlic, and sauté for 3 minutes or just until soft. Transfer to a large mixing bowl.

5. Add black beans, salsa, green onions and cilantro, and stir to combine. Fill the potato skins with the bean filling and sprinkle with the cheese. Bake for 10 minutes or just until heated through and the cheese is melted. Serve with sour cream.

Ingredients

Prep time: 10 minutes
Bake time: 60 minutes

- 4 russet potatoes
- 2 tsp vegetable oil
- 1 cup diced onion
- 1/2 cup diced red bell pepper
- 2 tsp finely chopped jalapeno pepper
- 1 tsp finely chopped garlic
- 1 cup canned black beans, drained and rinsed
- 3/4 cup medium salsa
- 1/3 cup chopped green onions
- 1/4 cup chopped cilantro
- 3/4 cup shredded aged cheddar cheese
- 1/4 cup low-fat sour cream

Quickie chicken burritos

This recipe serves 10. PRESIDENT'S CHOICE

1. Remove skin from rotisserie chicken and discard. Using fingers or two forks, pull meat from bones and shred into bite-sized chunks. Place in bowl; cover and set aside.

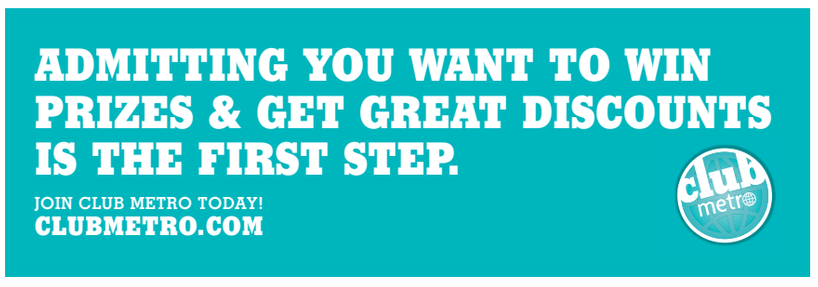
2. In large nonstick frying pan set over medium-high heat, cook oil and onions for 1 minute. Add cumin and ground coriander; cook for 4 to 5 minutes, stirring often, or until onions are tender and spices are fragrant. Stir in jalapeno. Stir in tomatoes; cook for 1 minute or until very soft. Stir in chicken and black beans; cook, stirring, for 2 to 3 minutes or until heated through. Stir in fresh coriander and lime juice. Remove from heat.

3. Unwrap tortillas. Place on microwave-safe plate. Cover with paper towel. Microwave on high for 15 to 20 seconds or until warm. Serve with pulled chicken mix. If desired, also serve with favourite Tex-Mex toppings, such as salsa, diced avocado, chopped green onions, sour cream and/or cheese.

PRESIDENT'S CHOICE

Ingredients

- 1 PC Barbecued Seasoned Whole Chicken (900 g)
- 4 tsp (20 ml) canola oil
- 1-1/2 cups (375 ml) chopped onions
- 1 tsp (5 ml) ground cumin
- 1/2 tsp (2 ml) ground coriander
- 2 to 3 tbsp (25 to 45 ml minced seeded jalapeno peppers
- 2 small tomatoes, roughly chopped
- 1 can (540 ml) black beans, rinsed and drained
- 1/2 cup (125 ml) chopped fresh coriander
- 2 tsp (10 ml) fresh lime juice
- 1 pkg (650 g) PC Original Tortillas



FIFA

Canadian men plummet in world soccer rankings

Canada fell to an all-time low in the FIFA rankings Thursday for the second straight month, dropping five positions to No. 111. The Canadians stand 12th in the CONCACAF region, which covers North and Central America and the Caribbean.

Going into the Honduras game at San Pedro Sula on Oct. 16, 2012, Canada was ranked 61st in the world and sixth in CONCACAF.

Today, the Canadian men stand a hair above No. 112 Antigua and Barbuda, whose population is some 90,000 compared to Canada's 35 million.

THE CANADIAN PRESS

NHL

Sidney, Pens add to Flyers' misery

Sidney Crosby, Jussi Jokinen and Chris Kunitz scored goals, leading the Pittsburgh Penguins past the Philadelphia Flyers 4-1 on Thursday night.

Evgeni Malkin added an empty-net goal in the final seconds.

The Pens were the latest team to beat the Flyers. Off to their worst start after eight games, the 1-7 Flyers are mired in last place in the conference.

THE ASSOCIATED PRESS

Cards' Wacha wants one more big start

MLB. Cardinals look to rookie pitcher to put the Dodgers away in Game 6 of the NLCS

Cardinals rookie Michael Wacha throws during Game 2 of the NLCS last Saturday in St. Louis. JEFF CURRY/GETTY IMAGES

For four straight starts, Michael Wacha has been all but untouchable and appeared totally oblivious to the stakes.

The St. Louis Cardinals need one more just like that from the pressure-proof rookie to get to the World Series for the second time in three years.

Wacha outpitched Clayton Kershaw in Game 2 and the Cardinals won 1-0 on an unearned run to take a 2-0 series lead. They're matched again in Game 6 Friday night, the precocious right-hander and the lefty who'd be at the top of anyone's list to work a must-win.

This time, the Cardinals lead the Los Angeles Dodgers 3-2.

"I just expect Michael to go out and do what he's done, just like the rest of our guys," manager Mike Matheny said. "Stick with what you've done all along the way, and don't ignore and don't deny the excitement."

The Dodgers brought the series back to St. Louis by muscling up on offence, with Adrian Gonzalez hitting two of their four homers in a 6-4 Game 5 victory Wednesday.

Wacha is 2-0 with a 0.64 ERA in the post-season, allowing just six hits in 14 innings with 17 strikeouts. Counting his last start of the regular season, when he was one out shy of a no-hitter, makes it 3-0 with an 0.42 ERA. THE ASSOCIATED PRESS

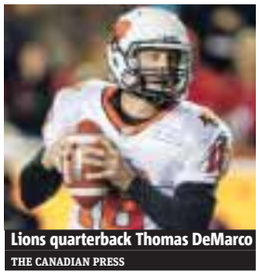
Go to metronews.ca for coverage of the ALCS Game 5 between the Red Sox and Tigers.

Out of the shadows...

Runs figure to be hard to come by in Game 6, although pitchers won't have shadows as an ally with a 7:37 p.m. CDT start.

- Game 2 had a late afternoon start with shadows creeping across Busch Stadium especially in the early innings and lights providing no real help, plus there was fatigue from the Cardinals' 13-inning win to open the series.

CFL. Lions QB DeMarco prepared for 'dogfight' at Mosaic Stadium



Lions quarterback Thomas DeMarco
THE CANADIAN PRESS

Thomas DeMarco is heading back to Mosaic Stadium in Regina, the site of his first CFL start.

It also happens to be where he recorded his first victory as a starting quarterback in the league, after engineering a gutsy drive in the final minute of the fourth quarter that led to a Paul McCallum game-winning field goal for the B.C. Lions back on Sept. 22.

DeMarco and the Lions will travel to Regina for a Saturday afternoon West Division clash with home field advantage in the playoffs on the line.

So, given his recent history at Mosaic, and in front of the boisterous Roughrider fans, does that make DeMarco any more comfortable in this setting four weeks later? His answer, the start of which was made in jest, threw more than one reporter for a quick loop.

"Oh yeah, it's easy now, right? Once you do it once, it's so much easier — absolutely not," said DeMarco.

"It's hard to play against any good team on either side, home or way. They have great fan support, you know they're excited. The last three weeks of the season is huge for all of us. It's going to be a dogfight. We know that.

"The biggest thing is that we've been there before, we've had success and we've got a win, so you just try and build off that and try and stay positive."

The Lions trail the Roughriders by two points in the West Division standings.

The second-place team at the end of the season will host the West Division semifinal. CAM TUCKER/METRO IN VANCOUVER

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Horoscopes

♈ Aries
March 21 - April 20
You will get what you ask for today so make sure you really want it. No matter how outrageous your request, the lunar eclipse in your sign will grant it for you. Does that get your imagination jumping?

♉ Taurus
April 21 - May 21
You will gain in some way today, maybe financially. However, the eclipse warns that what you get may be transitory in nature, so don't get too attached to it. If it's easy come it could also be easy go.

♊ Gemini
May 22 - June 21
You won't be short of ideas or self-belief today. You may, however, be short of the kind of foresight that can save you from making a wrong turn. Make a point of looking ahead.

♋ Cancer
June 22 - July 23
Employers could give you grief today, especially if they sense that you are none too sure of yourself. Visualize yourself as strong and capable. It may be an act but you can pull it off.

♌ Leo
July 24 - Aug. 23
You have wasted too much time and energy on someone who is clearly not going to play ball, so cut them out of your life completely. That may seem a harsh but it's all or nothing.

♍ Virgo
Aug. 24 - Sept. 23
Make a serious effort to resolve any differences of opinion you may have with colleagues. Not only will it make life easier for you on a day-to-day basis but it could also have some very welcome financial results.

♎ Libra
Sept. 24 - Oct. 23
The lunar eclipse in your opposite sign will bring an edge to partnerships and you may want nothing more than to get away from awkward people for a while. So what's stopping you? Just go.

♏ Scorpio
Oct. 24 - Nov. 22
For some strange reason you see plots and conspiracies wherever you look at the moment but are any of them likely to be real? No they aren't.

♐ Sagittarius
Nov. 23 - Dec. 21
Today's eclipse won't mess things up for you as much as it does for others but you need to take care. Above all, don't get emotional about issues that are of little importance in the greater scheme of things.

♑ Capricorn
Dec. 22 - Jan. 20
The quicker you come to a decision about some kind of domestic matter, the more likely it is to be wrong. To be blunt, your senses, including your sixth, are all over the place at the moment so hold fire.

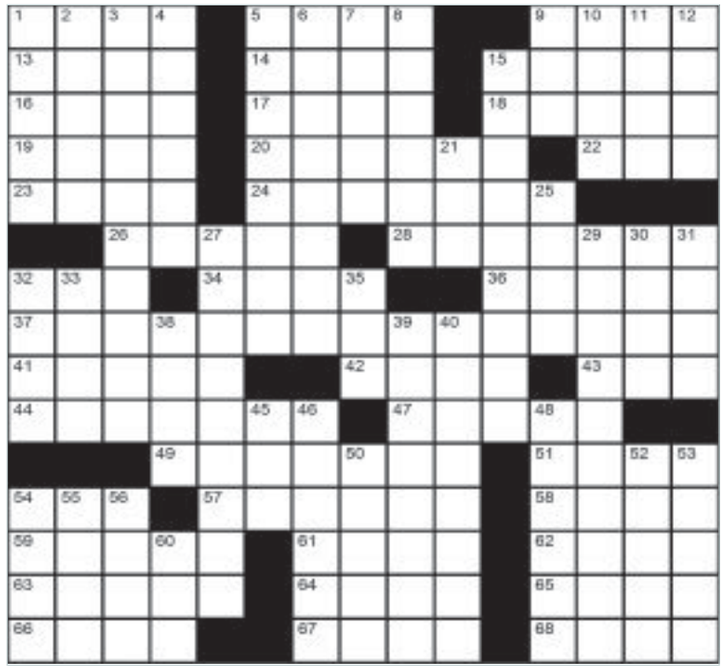
♒ Aquarius
Jan. 21 - Feb. 19
You know where you want to be but you can't work out how you are going to get there from where you are now. Once today's eclipse begins to wane the way ahead will be clear.

♓ Pisces
Feb. 20 - March 20
Someone will come to you with a sob story and, of course, you will do what you can to make them feel better. But don't give them money or you may never see it again. Be nice but be smart too. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

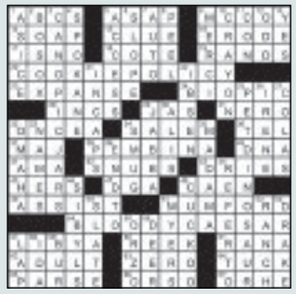
BY KELLY ANN BUCHANAN



Across
1. Test product
5. Chips __! (Chocolate chip cookie)
9. "I __ Fine" by The Beatles
13. Toronto-born actor Mr. McCormack
14. Read: French
15. Canadian poet, Al __ (b.1918 - d.2000)
16. Formerly, fancily
17. Taj Mahal's site
18. Kind of bay window
19. Somewhat, in music
20. __-tip marker
22. Hydrocarbon suffix
23. Swill
24. On the line: 2 wds.
26. Gunpowder component
28. Shake up
32. Long ago time
34. And so on, plurally [abbr.]
36. Fuzzy fruits
37. 1994 movie for Canadian stars Sandra Oh and Callum Keith Rennie: 2 wds.
41. Mother-of-pearl
42. James of "Misery" (1990)
43. No, to a Scot
44. Eno = __ brand
47. "The Price Is __"
49. Doorkeeper
51. Sugarloaf hit: "Green-__ Lady"
54. Will Ferrell comedy, "__ School" (2003)
57. Leisurely walk
58. In the distance
59. Question
61. Wheel shaft
62. Automatic
63. Extinct birds
64. Suit accessories
65. Litigates
66. Slow-cooked meal
67. Tubular water denizens
68. Sea eagles [var. sp.]

Down
1. Oceanic abysses
2. Mr. Flynn of swashbucklers
3. Wrongdoing
4. Eight-armed sea dwellers
5. Individually, as on menus: 3 wds.
6. Like many modern gadgets
7. Root used in perfumes
8. Bread ingredients
9. Fido's coat
10. Port city in Pennsylvania
11. Old Testament place
12. Country singer Mr. Lovett
15. Walter Ostanek, 'Canada's __ __'
21. All-you-can-__ (Restaurant style)
25. Daughter on "The Waltons"
27. Shows TV shows
29. Kiefer Sutherland TV series ...when spelled-out
30. Ms. Kudrow
31. 'Fin' finisher (Tactfulness)
32. __ Turnblad, role in "Hairspray" (2007)
33. __ Shark
35. Cul-de-__
38. Show off
39. The 49th __
40. Without hurt
45. "The Addams Family" cousin
46. Lessen the value of
48. Coffin-carrying car
50. Spunk
52. Polished off, as food
53. Madonna song: "__ You Up"
54. Gambler's chances
55. Plunder
56. "__, Where's My Car?" (2000)
60. __ and arrow

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	3	9	8	4	1	6	5	7
4	6	5	2	7	9	3	8	1
1	8	7	3	5	6	2	4	9
8	5	2	7	9	3	1	6	4
9	1	3	5	6	4	7	2	8
7	4	6	1	8	2	9	3	5
3	7	4	6	1	5	8	9	2
5	2	8	9	3	7	4	1	6
6	9	1	4	2	8	5	7	3

Today
7°/-1°
Partly sunny
Saturday
8°/-4°
Variable
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